

## **Anatomy Trains Structural Essentials: Arches and Legs with Jason Spitalnik**

**Friday, May 3 – Sunday, May 5, 2019 9 am – 5 pm 21 CE \$375|\$395|\$420**



The Structural Essential series is a set of intensive soft-tissue technique courses divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results and using the latest research on the interaction between skeleton, muscles, joints, and fascial proprioceptors, this series of workshops will take you to a new level in therapy.

Designed with the busy manual therapist in mind, each Structural Essentials event gives you a new understanding of the relevant area. The content will outline how the structural and functional anatomy relates to many common issues as well as to the rest of the body. Based on many new and established approaches this series will give you the skills in palpation, BodyReading and functional analysis needed for the modern multidisciplinary therapist.

**Arches and the Legs** – Underpinning all of our structure is the foot's interaction with the ground, imbalances here clearly have consequences further up the body. Effective arch balance can be essential for easy and graceful walking, pelvic stability, low back efficiency and even head and neck support. The feet and legs are literally the foundation for the rest of our structure and this workshop will analyze the bones of the feet and how they conspire to help or hinder the arches. We will look at the forces coming from the leg muscles and create strategies to help maintain better mechanics by dealing with myofascial restrictions and imbalances.

**The Knee and Thigh** – A complicated hinge in the middle of two long levers is perhaps not the best of designs – but this “elbow designed by committee” is an excellent work of engineering. The knee joint mediates forces coming down from the hip and up from the foot and still allows a wide range of movement in all but the frontal plane.

### Objectives

- How to differentiate your analysis of the foot and legs from the rest of the mechanical chain, giving an accurate reading of their skeletal relationships
- How to assess and then provide good foot and leg support through the three (or four) arches of the foot
- How the arches act in walking and standing and their relationship to the pelvis and the AT lines
- How to balance the support the arches receive from the long muscles of the calf
- Effective strategies to unwind rotational compensations in the foot, the tibia-fibula complex and the knee.
- Learn how the structures of the knee and thigh co-operate to achieve this and learn to recognize some of the structural dysfunctions that can occur.
- BodyRead the various imbalances which can occur
- Learn to balance the common rotational movements of the knee

**Jason Spitalnik** has studied fibroblasts and the breakdown of fascia, is certified in Neuromuscular Therapy and Kinesis Myofascial Integration (KMI). He has also attended a dissection lab and has studied, embryology, neurofascia, orthopedic massage, and active isolated stretching. After graduating from KMI in 2007, Jason opened Healing Arts Professionals Wellness Center, providing space for massage therapists and an acupuncturist. He will forever be on a quest for his clients to achieve better health through structure, movement, diet, and exercise. Jason has been a certified teacher for Anatomy Trains since 2012. He will always be a student and learns through teaching.



Jason has a background in farming, culinary arts, and martial arts. Along with structural bodywork, he is the founder of Aquidneck Community Table, a non-profit organization created to support the local food movement on Aquidneck Island, where he lives with his wife, Meredith.

**Participant Materials:** Massage Table, sheets/towels, Non-oily lotion, Specific Clothing:

During the practical portion of this workshop, participants will be asked to remove articles of clothing. (The legs, abdomen and most of the back will be exposed for palpation and technique). Therefore, we ask that you dress appropriately for you and your fellow students to feel comfortable in the classroom. Suggestions: briefs/boxers for underwear, full coverage bra, or a 2-piece swim suit work best but form fitting clothing such as running shorts, sports bra, tank top are adequate\*.

\*No one is compelled to disrobe beyond their comfort level.

The Structural Essentials (SE) workshops are most easily absorbed in the order outlined below but you can do them in any order as time permits.

Arches and the Legs – 3 days

Fans of the Hip – 2 ½ days

Abdomen, Chest and Breath – 2 ½ days

Tensegrity Spine – 2 days

Shoulders & Arms – 2 days

Head, Neck & Jaw – 2 days

**Note:** It is not required, but strongly recommended taking the Anatomy Trains in Structure & Function course before taking the SE courses. Familiarity with the Anatomy Trains lines and concepts is key to getting the most from the program.